

## MALDWYN HARRIERS NEWS AND RESULTS UPDATE - MAY 2015

A big warm welcome to new members of whom there are quite a few, some of whom feature in these despatches.

Bumper month this month with two club championship races (including one summer race series event) to report as well as some fast 5ks, plenty of off-road action and a feast of track and field, including news of a new league record and several PB performances. Oh and the Travelling Harrier is on particularly good form this month.

### TRAIL/FELL

We'll start with a round-up of our Harriers' considerable endeavours away from the tarmac and at altitude.

#### **Ras Barcud Goch Half Marathon, Ponterwyd, 2<sup>nd</sup> May 2015**

No fewer than four races at this year's Red Kite Challenge weekend but here's the one that interests us due to the presence of three of our number. **Rob Martin** was top Harrier finishing in 26<sup>th</sup> place (1.50:29) ahead of **Lenny Hughes** (1.57:28) and **Bernie Jones** 2.03.12.

#### **Stretton Six Summits, 9<sup>th</sup> May 2015**

**Ed Davies** narrowly missed out on his customary MV55 accolade in his last ever race in the age group in this English championship counter which brought them in from far and wide. Ed's 1.16:14 was good enough for 95<sup>th</sup> overall with **Roland Stafford** also in action, finishing on 1.17:50. Both Ed and Roland were flying the Mercia flag is their want over the ups and downs.

#### **Caradoc Classic, 13<sup>th</sup> May 2015**

Four days later and having qualified for his bus pass in the meantime, **Ed Davies** was back in action and was again the first Maldwyn-affiliated finisher – this time in 14<sup>th</sup> place in a time of 27:46. Moreover he proved it was business as usual as he took top spot in the MV60 category. **Paul Beeson**, took 17<sup>th</sup> (28:08) to win the MV50 gong, just ahead of young **Todd Langley-Tanner** in

18<sup>th</sup> (28.11). **Bernie Jones** (31:40) and U16 runner **Kaya Saul** (36:30) completed the Maldwyn roll-call.

### **Ras y Gader, Dolgellau, 16<sup>th</sup> May 2015**

If running up Cader Idris is your idea of fun then this could be for you. It certainly appealed to quite a few of ours who gave this year's race a go and performed handsomely. They were led home by indefatigable **Ed Davies** (Mercia) who was having his third race in 7 days (we'll make no comment about late middle-age crisis). Ed's 1.41:20 placed him ahead of **Anthony Powell** (1.46:29); **Paul Beeson** (1.47:38); **Rob Martin** (1.49:50); **Sean Clarke**, 1.52.56; **Lenny Hughes**, 1.58.41; **Bernie Jones**, 2.04.43 and **Martin Green**, 2.06.35. Very well done to all and great to see so many yellow vests (and one or two disguises, although the names on numbers were a giveaway it has to be said) out there on the big hill.

### **Royal Welsh Trail Festival. Builth, 17<sup>th</sup> May 2015**

New for this year and a great excuse for a day out for the Harriers who hired a bus for the occasion and made a feast of it afterwards. **Dan Owen** was our first home in the half-marathon event finishing 8<sup>th</sup> in 1.38:55 ahead of Dan George (1.46:19) and Lenny Hughes – yes, the same Lenny who ran up and down Cader the previous day – in 1.55:17. The 10k race though proved to be the major attraction for Maldwyn's day-trippers. **Paul Pritchard** (23<sup>rd</sup>) was first to dock in 50:40 ahead of in-form **Dave Manuel** in 25<sup>th</sup> (50:46) and 26<sup>th</sup> placed **Jacqui Loxam** (51:30) who took an excellent 3<sup>rd</sup> place in the women's race. Other Maldwyn performances were:

33, <b>Phil Byrne</b>	52.32
36, <b>Ifan Jones</b>	52.50
51, <b>Helen Owen</b>	56.25
56, <b>John Murphy</b>	57.12
89, <b>Rachel Williams</b>	64.30
100, <b>Diane Jones</b>	66.45
110, <b>Jan Shanahan</b>	68.56
126, <b>Julia Gorman</b>	72.49
135, <b>Kelly Davies</b>	74.59

## **Batch Bash, 28<sup>th</sup> May 2015**

If you've been following this month's update closely you may not be surprised to learn that **Ed Davies** was again first Maldwyn associate to cross the finish. 30:46 was good enough for 14<sup>th</sup> place and top of his age group. **Todd Langley Tanner** (17<sup>th</sup>), **Bryan Arthur** (21<sup>st</sup>) and **Ian Ellis** (24<sup>th</sup>) are all new members this year but were this time resplendent in Mercia yellow (not as obvious on the eye as our own) were next in 30:17; 31:44 and 31:59 respectively. **Bernie Jones** (36:22) and **Kaya Saul** (47:44) also braved the Bash.

## **Cwmdu Race, 30<sup>th</sup> May 2015**

The race was thrown into doubt when organiser Dick Finch, a redoubtable figure on the South Wales fell running scene, sustained a serious bike accident earlier in the week. Thankfully his club mates rallied round to make sure it went ahead. A stray Maldwynite made the trip south. **Glyn Fletcher** has put in some handy speedwork recently (see Rhayader 5k reports) but it was a different test of legs and lungs here as Glyn recorded a creditable 1.46:33 to take 31<sup>st</sup> place.

## **TRACK AND FIELD**

And so from the ridiculous to the sublime, not to mention flat, world of track and field and the welcome return (with a vengeance) of the Travelling Harrier after a few months of gestation. Here's the first of three reports from Chris and with news of a record breaking performance.

### **Shropshire Young Athletes League, Telford, 30<sup>th</sup> April 2015.**

Track and field is back and it's still only April. Telford was the venue for the first SYAL meeting of the season. We may well have struggled again for numbers (only 9 made the trip), but we certainly made our mark.

It stands to reason that League records are rare. It therefore reflects great credit on **Lauren Williams** (U17 women) that she should set one so early in the season. Despite it being cold and windy Lauren set off at a blistering pace in the 300m hurdles. By the time she crossed the line, in 45.1 secs, virtually the whole stadium had stopped to watch. Lauren finished 10 seconds ahead of the next athlete, her time the quickest ever seen in the Shropshire League and also

believed to be a club record. All the more impressive considering Lauren wasn't pushed and it was effectively a time trial. It's the first League record set by a Maldwyn athlete since we joined the league. Well done Lauren, a terrific effort.

Lauren's U17 team mate, **Athea Shuker**, didn't quite get the 'rub of the green' this time out. She has put in a lot of effort in recent weeks and is on the verge of some big jumps. On a difficult evening for long jumpers Athea couldn't quite nail her run up and ended back in 5th. It'll come. Our U17 men both had a quick sprint. **Niall Thomas** and **Huw Weaver** both competed in the 100m. In a very close 'A' race Niall was in contention until the very end. He eventually had to settle for 4th although at least there was a PB (12.7) to show for his efforts. The redoubtable Huw managed 3rd in the 'B' race although, as Huw will readily attest, it wasn't the best of starts.

Another Maldwyn stalwart, **Shannon Walker**, was our sole athlete in the U15 age group. Shannon is a fine all round athlete who can turn her hand to most disciplines. This time the 1500m was her event of choice. Following a quick start Shannon settled down nicely in the middle of the field. Her 5th place time of 5.35.4 was less than 1.1/2 seconds outside her PB.

U13 boy **Daniel Stones** has started the season in fine form on the back of some good cross country performances. Dan looked impressive throughout his 1500m and looked to have secured 2nd place. However the fast finishing Jamie Lewis of Bridgnorth squeezed through on the inside to relegate Dan to 3rd. Although a little disappointed at the outcome a PB of 5.14.2 was considerable consolation. The irrepressible **Tomas Owen** stuck to his task well and finished 4th in the 'B' race a little way behind Dan. Because the age groups are based on school years rather than actual age it is perfectly possible for a 10 year old to be U13 rather than U11. Tomas falls into that category. Unfortunately we didn't explain this to him properly and he took part in the U11 long jump by mistake. Luckily we found out before the results were handed in and Tomas had to do it all again, this time in the correct age group. 2.98 and 5th in the 'B' competition was Tomas' effort second time around. 5th in the 'A' was **Connor Owen** with a good consistent series of jumps - 3.45 his best. Connor also impressed the coaches with some really good work in the high jump. 2nd in his first competitive outing suggests it could be worth sticking with it.

Making his Maldwyn debut in the U11's was young **Will Owen**. Will certainly seemed to enjoy his first appearance in the yellow and blue and turned in two enthusiastic performances in both the 60m and 600m. Good lad.

**Next fixture in this league is 4th June at Cosford. It would be nice to see more faces on the bus. We see some really good work in training - let's see it where it counts!**

Here are some photos of some of our young athletes competing at Telford, courtesy of John Thomas. With (from top) Shannon **Walker**; **Dan Stones**; **Niall Thomas** and **Will Owen**.

### **Cheshire League, Connah's Quay, 10<sup>th</sup> May 2015**

Let's be honest, Connah's Quay is a pretty uninspiring place. However, over the years, the Deeside Stadium has become a real home from home for Maldwyn athletes. The first round of the Cheshire League was staged here and those of us that made the trip had a great day out.

We had one debutante amongst our ranks and it was a warm welcome to U11 boy **Oliver Jones**. I think he quite fancied doing everything but sadly rules don't allow. He started with a super run in the 75m, pinching 4th on the line in 12.4 secs. This was followed up with a determined run in the 600m for 7th in 2.14.6. A good start to his Maldwyn career, let's hope we see more of this young man.

U13's and **Daniel Stones** produced an absolutely top-notch performance in the 800m. It was a real high quality field and Dan really got stuck in. He finished 4th in a PB 2.34.5. Subject to ratification that could well be a new club record. Even as we speak Dave is trawling the club archives.

U15's - **Shannon Walker** is earning a reputation as one of Maldwyn's most reliable athletes. This time she restricted herself to the 1500m. As usual she set off a little too fast (we're working on it). Once the race settled down Shannon put in some good work in the middle of the field and came home in 5.38. That's not that far off a PB, once we get things sorted Shannon's times will steadily improve. A young man who never lets us down is **Oscar Crutchley**. Great to see him rewarded with 2 PB's. Finishing 4th in the 200m with his first sub 30(29.9), he backed that up with some good jumps and another 4th with 3.97. Just ahead of Oscar was **Dillon Gill** who leapt 4.00 exactly. Dillon also

looked the part in the 1500m with a PB 5.05.6 - a really good time so early in the season.

U17's, then, and **Huw Weaver** loves his sprinting. He found himself in the 'A' race and clocked a season's best 14.9 to claim 5th place. **Kaya Saul** ran a beautifully judged 3000m to snatch 4th in a new PB of 11.24. Up ahead, **Joseph Crutchley** showed his class and wore down the opposition to win in 9.29.3. Joseph also impressed in the 800m finishing 3rd in a PB 2.13.5 ahead of **Mark Saunders** (8th - 2.31.6) and **Chris Copus** (13th - 2.49.5 PB). Mark, with eyes on a decathlon later in the summer, ran 13.04 in the 100m for 5th and propelled the javelin 25.04 for 4th and a new PB. ***For those who don't know, Mark and Chris haven't been U17's for some while!***

U20's and **Vicky Gittins** treated her team mates to the performance of the day by destroying the field in the 100m with a dominant 13.4. To demonstrate her versatility Vicky then finished 3rd in the 1500m with a PB performance of 5.21.3.

As ever the Cheshire League provided a great day out and some cracking competition. Next one is 5th July at Crewe. Come along, there's something for everyone.

You can read Chris' account of his herculean half-mile effort in the latest Runners' Tale

### **North Wales Track and Field Championships, Bangor, 23<sup>rd</sup> May 2015**

Just six of our athletes (and me) elected to brave the A55 and it's Bank Holiday weekend traffic. Seven medals came back to Mid Wales which, I reckon, is a pretty good strike rate.

**Vicky Gittins** (U20 women) led the way for the ladies with two victorious efforts. Vicky produced a dominant performance in the 200m to leave the rest of the field trailing in her wake with a season's best 26.98. Although generally happier over shorter distances Vicky demonstrated her versatility with a hard fought PB of 2.30.01, snatching victory in the 800m with a really strong finish. U17 woman **Lauren Williams** was just unable to repeat her spectacular performance from Telford. Despite that, Lauren still showed plenty of ability to claim the 300m hurdles gold with a highly creditable 47.03. **Shannon Walker** (U15) was the busiest of our athletes, entering three events. She started with 3.66 in the long jump. Some way short of what Shannon had hoped for but a

late arrival (traffic) denied her the opportunity to warm up. Next up was the 800m and probably Shannon's best race of the season so far. 2nd in a time of 2.40 was good to see. "Not cut out for sprinting", Shannon told us after finishing 4th in the 300m. It was still a 50.13 PB though.

We now come to the question of the day.

**“Reece Moles** - consummate professional, or jammy so-and-so?”

Reece assures me it's the former. Let me explain. As the 100m runners were called to their marks the athlete inside Reece 'jumped the gun' which was fired again to stop the race. Twice the gun had been fired and Reece hadn't flinched, still in the blocks. I agree it was a big false start, but Reece, that was mighty risky mate. When they did get under way Reece led from gun to tape with a dominant SB 12.23. Reece backed this up with another SB to clinch a sprint double and win the 200m in 25.13. Under a lot of pressure on the bend he opened up on the straight and completely blew the field away.

**Joseph Crutchley** (U17 men) found himself in a high quality 3000m field. Joe was one of three that gradually pulled away from the rest. He couldn't quite hang on at the front and ultimately had to settle for 3rd in a really entertaining tussle. A PB of 9.17.2 demonstrates just what a strong race it was. Mark Saunders (V45) propelled the discus 19.02 (PB) and finished in 4th place. It should be pointed out that those who finished ahead of Mark were throwing lighter discuses because of their age group. A calf injury unfortunately put paid to Mark's hopes of impressing on the track.

So, there we have it then. 5 gold; 1 silver and a bronze, which with 6 athletes strikes me as a decent return.

## **RACE SERIES/CLUB CHAMPIONSHIP**

### **Newtown 10k, 3<sup>rd</sup> May 2015**

Our second Summer Series Race and the fourth Club Championship fixture of 2015 drew a goodly field of 70 runners, the largest number since 2009. This was no doubt helped by the large Maldwyn entry as a result of this and indeed all of the summer race series events being included as counters in the 20-race Club Championship.

For the second successive years it was a University of Aberystwyth Harrier who led the way home courtesy of Wil Woodcock's winning time of 35:37, with Maldwyn's **Jamie Loxam** second in 35:49 and Woodcock's Aberystwyth Uni colleague Jonathan Ryan third.

Also going top 10 in what was a highly competitive race was **Martin Copus** in 38:06, Martin's third PB over three distances already this year. So much effort can take its toll though and what we thought was just a passable impersonation of a typical Ed Davies post-race dive to ground turned out to require the care and attention of our St John's Ambulance colleagues and our own (recently retired GP) **Martin Green**, who must have thought his work was done for the day following his most respectable run. No serious damage though as Martin was able to collect his special Drama Queen Award which, to save any embarrassment, we thought we'd call the Senior Men's Award.

With Jacqui Loxam sitting this one out (no doubt tired after helping son Seb in the fun run) the race for first Maldwyn woman home behind Heidi Davies (Brecon 38:04); Donna Morris (Builth) and Penny Tanner was wide open. In the end a wrong turn did for **Nikki Grainger**'s chances as she finished one place behind **Helen Owen** clocking 50:08 to Helen's 49:44. Still, it was good championship points for both women.

For the home club, prizes went to **Jamie Loxam** (second overall); **Todd Tanner** (MU20); **Martin Copus** (MSenior); **Ed Davies** (MV55); **Nikki Grainger** (FSenior); **Abigail Hodge** (FV35); **Helen Owen** (FV40) and **Jill Hillman** (FV55). Very well done to all these runners and to everyone who took part and helped organise the event.

Full results of the senior race and fun run can be seen at [www.maldwynharriers.org.uk/results/2015/new102015.pdf](http://www.maldwynharriers.org.uk/results/2015/new102015.pdf) but here is a summary of the Maldwyn places and times for the main race:

2 <sup>nd</sup>	Jamie Loxam	35:49
8 <sup>th</sup>	Martin Copus	38:06
12 <sup>th</sup>	Sean Clarke	39:31
13 <sup>th</sup>	Todd Langley-Tanner	39:36
14 <sup>th</sup>	John Peters	40:09
15 <sup>th</sup>	Roland Stafford	40:14
17 <sup>th</sup>	Ed Davies	41:08
21 <sup>st</sup>	Darren Jerman	42:20



22 <sup>nd</sup>	Dan George	42:31
27 <sup>th</sup>	Lenny Hughes	44:56
30 <sup>th</sup>	John Murphy	46:32
32 <sup>nd</sup>	Martin Green	47:11
33 <sup>rd</sup>	David Manuel	47:17
37 <sup>th</sup>	David Johnson	48:11
38 <sup>th</sup>	Chris Copus	48:41
40 <sup>th</sup>	Ifan Jones	49:05
41 <sup>st</sup>	Reece Moles	49:15
43 <sup>rd</sup>	Helen Owen	49:44
44 <sup>th</sup>	Nikki Grainger	50:08
49 <sup>th</sup>	George Bebb	52:08
50 <sup>th</sup>	Rachel Butler	52:08
52 <sup>nd</sup>	Claire Abel	53:47
53 <sup>rd</sup>	Sharon Lloyd	54:43
56 <sup>th</sup>	Jill Hillman	55:48
59 <sup>th</sup>	Georgina Fletcher	58:15
61 <sup>st</sup>	Abigail Hodge	59:43
63 <sup>rd</sup>	Janet Shanahan	60:06
64 <sup>th</sup>	Diane Jones	60:27

There are a whole host of photos of the event on our Facebook page.

### **Market Drayton 10k, 10<sup>th</sup> May 2015**

Not surprisingly this much anticipated and over-subscribed 5<sup>th</sup> stage of our Club Championship – called the best race in the UK by Runners' World – drew a large contingent of Harriers and which were led home by **Tim Davies** who finished 7<sup>th</sup> in a time of 34:19, while new member **Glen Speake** (another Mercia stalwart) waded in with a 36:58 clocking.

**David Manuel** had threatened a breakthrough 10k for some time now and chose this big stage to deliver a massive PB of 43:52 ahead of **Ifan Jones** who also set a new best of 46:42. First woman was **Claire Abel** (49:12) who for the second year had to convince the recorders and timekeepers that she was actually there, ahead of **Rachel Butler** (50:41).

Regular readers will know that we pride ourselves on our fashion content but you can sometimes rely too much on one man's shorts. Thankfully **Andre Hutchinson** chose this race for her competitive comeback and as usual her socks did not disappoint, matching her daps in fact. Oh yes and she finished in 51:34.

Here's how the rest got on:

Rachel Williams	54:13
Georgina Fletcher	54:49
Ian Fraser	55:15
Jan Shanahan	56:09
Sue Carroll	57:10
Diane Jones	58:46
Kelly Davies	59:31
Steve Orrells	63:56
Belinda Bryant	66:09
Caroline Orrells	69:28

And here's Ian's personal take on the race...

### **LIKE ELLESMERE WITH FACE PAINT...AND MULLER RICE**

Well we'd seen the photos from last year, read the rave reviews and heard all about the "goodie bag". By popular request the Market Drayton 10k – touted as the best race in the UK by Runners' World - has made it into the Maldwyn Harriers Club Championship. Surely that's a sign a race has come of age if ever there was one?

First indication that we are into something big is when we hit traffic on the bypass. A cheeky cut through some housing estate and a frantic search of the collective Orrells memory banks means that we not only miss the rush but arrive unscathed and relatively stress free at Grove School. A quick collection of the race t-shirt and a desultory jog and stretch and it's time to take in the atmosphere. The school field is decked out like a mini-festival selling food and drink and there are kiddies' rides and one of those bungee-contraptions, too. There's also face painting – you can't seem to avoid face painting nowadays - and a stage on which some vaguely irritating and amplified people are taking the crowd through what looks like an over-enthusiastic and elaborate warm-up

routine. Stevie and I quickly decide that we want no part of that if we have any ambition to get around 6 miles without the aid of the first respondents.

At this stage there is little sign of the other Maldwyn Harriers. We hoped they weren't stuck in traffic. Turns out quite a few of them were in the queue for the toilets. Race day does that to you. Excitement builds as more than 2,000 runners start to mass. Much of the Maldwyn contingent make it with just a minute or two to go, a sideways surge from the direction of the toilets giving them quite a favourable and indeed sensible starting point. Not so the two old chaps caught chatting near the back when the hooter goes. "Good lord, that time already? Well we must be off". Look while there's some satisfaction in picking off several hundred places during a 6 mile race it's a hollow one when you can neither raise your pace nor your eyes without falling over someone or something for the first 2k of 10. Note to self. Next time start nearer the front and use your elbows.

So what of the race itself? Well it is a mostly flat course with a couple of undulations and it seems to involve a lot of running through housing estates as well as a couple of loops through town. There's a bit of a sting at about 5 miles when the road back into town suddenly rises and dog-legs, giving the impression of two hills. Then it's downhill followed by a longish stretch back to the school field with the last quarter of a mile run on grass. If you have anything left here there's a good opportunity to pick up quite a few places in front of a packed and appreciative crowd. In fact the atmosphere is good throughout. Apparently there were bands playing. Damned if I can remember them, perhaps I was breathing too hard to hear them.

All in all it's a bigger (too big perhaps) version of Oswestry Olympians' Ellesmere 10k with very many similar traits, but not so picturesque. Whether it deserves the title of UK's best race will depend on your point of view of course. Oh and whether or not you like eating Muller Rice by the box-load. Here's to next year.

### **Rhayader 5k series (races 1 and 2), Elan Valley 13<sup>th</sup> and 27<sup>th</sup> May 2015**

What, you may ask, has happened to the last 12 months, as it seems only yesterday that we were reporting on the 2014 series?

Well another year on and **Joseph Crutchley**, one of our top juniors, continues to grow in stature. In the first series race he smashed his PB with an impressively quick 16:04 to push Newtown 10k winner Wil Woodcock all the way. In support, fell specialist and recent returnee from injury **Glyn Fletcher** had a good workout to dip under 20 minutes (19:51), while **Nick Williams** (21:01) and **Dave Manuel** (a PB in 21:06) can also feel pleased with their runs. So too **Michelle Beeson** whose 27:26 was a season's best time and **Steve Orrells** who like "phantom harrier" Pete Hogarth was using the first race as a "range finder" and came home in 31:37

A fortnight later and it was back for a cold round 2. **Joseph** was again our first finisher in a slightly slower 17:05 while **Glyn Fletcher** shaved a few seconds off his earlier clocking with 19:40. New man **Phil Byrne** impressed with 20:13 ahead of **Paul Pritchard** (20:27) and **David Manuel** (21:10). **Steve Orrells** took this one more seriously and knocked a huge chunk out of this previous time to record 27:18 (and, in the process, turned the tables on Phantom Pete who also improved on last time).

The final race in the series is on Wednesday evening, 10<sup>th</sup> June, which unfortunately clashes with our next Club Championship race at Park Hall, Oswestry but will be a good test of speed for those not too fussed about championship points.

### **Brecon 3/4/5 series (races 1 and 2), Llanfrynach 5<sup>th</sup> and 19<sup>th</sup> May 2015**

**Ifan** and **Diane Jones** have been flying the Harriers' flag at these evening meets. It's a long way there and back of a midweek night and we can only admire their dedication.

In the first race, the 3-miler, Ifan cracked his PB with a solid 22:33 and even got in on one of the photos. In fact...

Not to be outdone, Diane also managed a new best mark. Well done to her on her 27:25

Two weeks later and they were back for the 4 miler and again recorded a brace of bests, Ifan with 29:27 and Diane in 36:27.

Doubtless they'll be back for the "5" on 2<sup>nd</sup> June. Watch this space and read all about it.

### **Christleton 5k, 15<sup>th</sup> May 2015**

In between their two trips to Brecon **Ifan** and **Diane Jones** headed north to the leafy stockbroker belt of Cheshire for a fast 5k. Neither was quite quick enough to challenge old boy and still very much Maldwyn at heart Andrew Davies who finished second in what we reckon to be a pretty nippy 14:39. However Ifan managed yet another PB – one of three over as many distances in a fortnight – clocking 22:08. Diane also put in a season's best performance to finish in 27:21. Busy people.

### **Abersoch 10k, 30<sup>th</sup> May 2015**

Well done **Glen Speake** who ran 38:13 to finish 18<sup>th</sup> at Abersoch.

### **RELAY**

#### **Attingham Park Relays, Atcham, 21<sup>st</sup> May 2015**

Athletes from Maldwyn Harriers enjoyed a successful not to mention enjoyable evening at the second annual Attingham Park Relays in Atcham recently, where 120 teams of three runners were competing.

**Chris Atherton** helped a team which also included Mercia's Emma Gould and Simon Adney to victory in the mixed team event while **Dan Owen** recorded one of the evening's fastest stage times in running the first leg for a Maldwyn Harriers team also comprising **Glen Speake** and **Tim Davies** and who finished third in the men's team race.

### **ULTRA DISTANCE**

Hats and shoes off to **Richard Wild**, who, on the last weekend of May, ran the notorious Comrades Marathon in South Africa. Richard completed the 56 miles in 11 hours and 28 minutes, in temperatures exceeding 30 degrees Celsius. Blistering heat and blistering feet! That's one heck of a combination. Great performance, Richard!

## OTHER NEWS

### Race Series and Club Championship announcements

The next Club Championship event is the Park Hall 5km, Oswestry, on Wednesday 10<sup>th</sup> June. See here for more information:

<http://www.oswestryolympians.com/seniors/seniors-races/item/21>

This will be followed just a few days later on Sunday 14<sup>th</sup> June by our own Gregynog Trail race, which will be the third race in our summer series and seventh in our Club Championship 2015.

<http://www.maldwynharriers.org.uk/races/gregynog2015.pdf>

We are always grateful for offers of help on race day to help ensure the smooth running of our events. Otherwise everyone will think someone is doing it with the risk that no-one ends up doing it, which would be a shame to put it mildly. If you are interested in helping please contact Glyn at [glynfletcher@homecall.co.uk](mailto:glynfletcher@homecall.co.uk). If we do end up with enough help on the day then why not pack your kit and run anyway?

### GB Relay

In case you've not heard and were contemplating running, the Great British Relay has now been put back from 16<sup>th</sup> June to 6<sup>th</sup> July due to quite a few withdrawals and unsold places. We'll keep you posted on any further news but please speak with Belinda, Caroline or Sharon if you have any questions in the meantime.

**If you have any news, results or photos you'd like us to include please contact Ian at [fraserman1@hotmail.co.uk](mailto:fraserman1@hotmail.co.uk) who'd be delighted to hear from you.**